Name

3 Day Diet Log

Please fill in what you have eaten and drank for three days. Include approxiamate portions of each dish and drink.

	Food	Drink
Day 1		
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		
Day 2		
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		
Day 3		
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		